



THE NEWSLETTER

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YOU CAN PLAY

Please join us for our general meeting on **Monday, March 26** at 7:00 pm at Jewish Family Service, 8788 Balboa Avenue, San Diego.

We are pleased to have Martha Henderson as our guest speaker. Martha is the San Diego connection to the national organization, You Can Play. YCP works to ensure safety and inclusion for all who participate in sports, including LGBTQ athletes, coaches, and fans. You Can Play believes sports teams should focus on an athlete's skills, work ethic, and competitive spirit, not their sexual orientation and/or gender identity. They promote inclusive policies and programs that support the LGBTQ community

Please join us for support groups, followed by the cookie social, then Martha's presentation.

IN FURTHER SPORTS RELATED NEWS...

Figure skater Adam Rippon and skier Gus Kenworthy are proud to have paved the way for more athletes to be open about their sexuality. The two men, who quickly became friends after learning they were the only two openly gay men on Team USA at the Pyeong Chang Olympics, discussed their Winter Games experience on TV.

"I came here being authentically myself and sharing my story and being gay is part of that, but I came here as an American athlete" remarked Rippon, who made history when he became the first openly gay American athlete to win a medal during the figure skating team event (bronze). He added, "I came here to do a job, and I think that being vocal has kind of given my skating more importance. It's not just for me. I got out there because — it's not just gay kids, I think that everybody can relate to being different or feeling like they're not good enough or they'll never make it because they're from a small town, or maybe they just don't feel like they're good enough." Adam doesn't shy away from the role fame gives him as an advocate for the broader LGBTQ community — he has been in the headlines ever since speaking out in a January interview with *USA Today* about Trump's policies toward the LGBTQ community, calling out Vice President Mike Pence. During that interview, Adam said, "I feel that Mike Pence doesn't stand for anything that I was taught when I grew up, and I think that it's important if you're given the platform to speak up for those who don't have a voice, you do."

Gus Kenworthy competed in the Sochi Games four years ago — where he won a silver medal during the men's slopestyle event — he said that at the time, "I was very much in the closet and very much ashamed of who I was and I actually didn't get to appreciate the medal I won because of that. I didn't know if the gay skier would be an image that anyone would want to get behind and support."

He came out publicly in October, 2015, on the cover of *ESPN the Magazine* and remains the most visible LGBT action sports competitor in the country. What a difference being out and proud made at these Winter Olympics. He feels all the positive vibes he and Adam felt will make a big difference in future Olympics, saying "Hopefully people will see the reaction that we got, because I feel like we were so supported during these Games and had so much love and encouragement, that it will provide people the solace they need to want to come forward themselves."

THE HAPPIEST PLACE ON EARTH

Don't miss this world premiere at the Diversionary Theatre which runs from **March 15 – April 15, 2018**. The synopsis: Once upon a time in 1955, a magical kingdom was built on the founding principles of dreams, American idealism, and our wildest hopes. Eight years later, a quintessential American family reeling from the loss of their King embarks on a quest for restoration and deliverance in this kingdom. Fifty years later, their expedition is brought to dazzling life in an effort to understand one's place in family, the American way, and whether happiness is truly a place where dreams come true.

For performance times and ticket info, go to: www.diversionary.org. You can also call: 619-220-0097 When ordering, use the Promo Code PFLAG for a \$5 discount. The theatre is located at 4545 Park Blvd., San Diego.

DANCES AND PROMS GALORE

There are two youth-oriented events happening on **Saturday, April 21**.

Mar Vista High School GSA will be hosting their 2nd Annual District-Wide GSA Dance, "Alice in Wonderland Glow in the Dark." Mar Vista is part of the Sweetwater Unified School District. The dance takes place from 6:00-10:00 pm at the Mar Vista High School New Gym. They are seeking and accepting donations through Go Fund Me ([gofundme/MVGSA](http://gofundme.com/MVGSA)). Half of the profits from the sales will go to The True Colors Fund, an organization aiming to help end homelessness in the LGBT community. The goal is to raise \$1000.

The North County LGBTQ Resource Center presents Project Youth's "Masquerade Prom" from 7:00-10:00 pm. It is open to 8th grade – 12th grade students. The prom takes place at Del Lago Academy High School. For more info: lgbtplusprojectyouth@gmail.com.

PRESENTING



Mary Jane Zamora is the recipient of the **PFLAG Merit Scholarship**. Mary Jane graduated from Gompers Preparatory Academy and currently attends Southwestern College. Her plan is to double major in Biology and Journalism.

Mary Jane has many goals, including being the first in her family to graduate from college, become a professional boxer, and to return to Southeast San Diego to inspire and mentor disadvantaged youth to overcome adversity.

One of the biggest compliments she received in her Letter of Recommendation is how she uniquely defines herself among her peers, her teachers, and her community – as an individual who strikes her own path, refuses to be defined by anyone’s terms other than her own, and lets her heart guide her. You will see from her essay, all the hardships she has overcome.

“My morning start with my euphoria gives way to my nightmare. Knowing my bathroom would be swarmed with all my cousins and brothers as usual taking longer than ever. Still half asleep, I waste no time to stealthily get out of my grandma’s bed and dress myself.

I’m greeted by the familiar cockroaches under the fridge and on the trash bin. I live in a house with fifteen people, all my family and extended family. We have all fallen under the same circumstances: low income, struggling for citizenship, and relying on each other to get by. These are only the basic struggles encounter daily. Other struggles include all



the one-percent milk disappearing, including my Lactaid, because I am lactose intolerant. Drinking water runs out all the time.

These are the day to day struggles of my living situation. School becomes my second home. I have to study here because there is no space at home. I use school technology. I take naps during breaks at school. Furthermore, my ‘Mexican stereotype’ home life makes me want to break all preconceived ideas. I push myself to get good grades and go to college.

There are two Mary Jane’s: weekend-MJ and school-MJ. School-MJ adheres to Gompers Preparatory Academy’s strict uniform regulations. My hair hangs casually at my shoulders. My tie is cinched neatly.

Many teenagers live this life: one person at school and one person at home. But what sets me apart is that I proudly claim both sides of my personality. Weekend-MJ might be a grunge fanatic, but she also finds time to keep up with her reading and pre-calc homework. I am a proud bisexual Chicana with a love of comedians like Sarah Silverman. I box and throw killer hooks but I can still do my hair in amazingly beautiful victory rolls.

These may seem like inconsistencies, but that is me: a collection of inconsistencies. In a world that tells women they should be one thing, I refuse. I think women should be whatever they want to be.”

NOT TO BE REDUNDANT, BUT WE ARE

Wanted: qualified LGBTQ+ high school seniors, full-time undergraduate, and full-time graduate students to apply for PFLAG scholarships. This is our 20th year of offering scholarships.

The application and requirements are available on our web site, www.pflag.com/scholarships. The deadline to apply is **Wednesday, March 28, 2018** and the awards presentation for our annual Launching Leaders Luncheon will be **Saturday, May 19, 2018**. Since the scholarship program began in 1998, we have more than quadrupled the number of scholarships presented each year, and we have a luncheon fitting the recipients and guests.

A table of 10 can be purchased for \$400 and individual tickets are \$60. To purchase tickets, visit: www.pflag.com.

For scholarship questions, contact Sabrina Johnson: scholarships@pflag.com.

In addition to the San Diego County scholarships, our parent organization is offering national scholarships. Those details can be found at www.pflag.org/scholarship. The deadline for the national scholarships is **March 26, 2018**. Please note, the national scholarships are **ONLY** open to high school seniors, both LGBTQ+ and allies.

THANK YOU FOR YOUR EXTRA HELP GENERAL FUND DONATIONS

Dana Harwood & Alicia Contreras	Linda Cronquist
Susen Herold	Caroline Draper
Bob and Deborah Kelly	Doris Faulkner
Geoff & Teddie Anderson	Philip & Kevin Diamond-Tilden
Paul & Marie Cascone	Annamarie Whalen

Membership Application

- New Renewal Change of Address
 Please contact me for volunteer opportunities

Confidentiality is respected.

Your donation is tax deductible (Tax ID 33-0512868)

Make checks payable to:

PFLAG San Diego, PO Box 82762, San Diego, CA 92138

Type of Membership

- Individual \$30 Household \$40
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 Accept my donation, please do not list.

**Fill out, clip and mail this form; apply online
(www.pflag.com); or pay at any meeting.**

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Address.....

City

State..... ZIP

Email.....

Phone..... Date

GENDERCOOL

The GenderCool Project launched nationwide on February 20, on “Megyn Kelly Today.” The Project is a national storytelling campaign spotlighting remarkable stories of transgender young people. On the program, five transgender teenagers discussed the campaign, which promotes acceptance and support of transgender children and teens. One of the goals is to dispel myths regarding transgender kids. The Project not only helps with acceptance/support issues, it addresses misplaced fears that some parents have. Then there’s a big battle of Trump’s administration that wants rollbacks to transgender students’ rights.

If you know any transgender youth who are interested in sharing their story or finding out more about the project, email: info@gendercool.org.

SUPPORT GROUPS

SD METRO GENERAL MEETING & SUPPORT GROUP

Meets every 4th Monday at 7:00 pm, at Jewish Family Service, 8788 Balboa Ave, San Diego in Kearny Mesa.

For further information, contact the Info Line:

888-398-0006 or www.pflag.com

NORTH COUNTY COASTAL

Meets the 1st Monday @ 6:30 pm, Pilgrim UCC, 2020 Chestnut Avenue, Carlsbad.

Annette: 760-518-3345 | northcountycoastal@pflag.com

NORTH COUNTY INLAND

Meets the 3rd Thursday @ 7:00 pm, St. Bart's Church, 16275 Pomerado Road, Poway. New Location

Jill/Dan: 760-855-9424 | RBPowayPFLAGSDC@pflag.com

EAST COUNTY

Not currently meeting. For questions and information, contact:

Raegan: 858-531-5426 | eastcountysdc@pflag.com

SOUTH BAY

Meets 3rd Monday at 6:00 pm, Our Safe Place, 746 Ada St, Chula Vista (NEW LOCATION).

Patti: 619-227-6092 | pboman@pflag.com

RAMONA

Meets 2nd Tuesday at 6:00 pm, St. Mary's in the Valley, 1010 12th Street, Ramona. For meeting info, contact:

Kathie: 858-382-9156 | RamonaPFLAGSDC@pflag.com

POWAY LGBTQ YOUTH SUPPORT/HIGH SCHOOL

Meets 2nd & 4th Tuesdays from 5:00-6:30 pm, St. Bart's Church, 16275 Pomerado Rd, Poway. Facilitated by youth.

Kathie: 858-382-9156 | info@transfamilysos.org

OUR SPACE-POWAY--LGBTQIA/MIDDLE SCHOOL

For Middle School only. Meets 1st and 3rd Mondays from 5:30-7 pm, St. Bart's Church, 16275 Pomerado Rd, Poway.

Kathie: 858-382-9156 | info@transfamilysos.org

MI FAMILIA (Spanish)

Meets 2nd Monday at 6pm. For meeting info, contact:

Patti: 619-227-6092 | pboman@pflag.com

TRANSFAMILY SUPPORT GROUP

Support groups held separately for children, teens, & adults to explore topics around gender identity and expressions.

Kathie: 858-382-9156 | info@transfamilysos.org

SHAKE, RATTLE, AND ROLL

Quite a few people who were members last year have not renewed for 2018. Thanks to those who have! These monies are used to provide support, education, and advocacy on behalf of our LGBTQ community and their families. They enable us to provide monthly meetings, an info line, newsletters, educational brochures, etc.

Send dues to PFLAG San Diego County, as \$15 of it is sent to PFLAG National. If you renew with them, there is no benefit for our San Diego chapter. **See membership application on page 3.**



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STEM (OASIS) CONFERENCE

The first annual Out and Succeeding in STEM (OASIS) Conference will be held **Saturday, March 24** at San Diego State University. It is a one-day professional development conference aimed at increasing LGBTQ+ representation in the fields of science, technology, engineering, and mathematics. The conference is designed to give LGBTQ+ high school students and early undergraduate college students a new and exciting look into STEM fields, and instill a life-long passion for research and discovery. Additionally, the conference tackles issues that minorities in the STEM fields face today and provides the tools students need to succeed.

This empowering day will have breakout sessions led by LGBTQ+ mentors involved in the STEM industry, opportunities to build networking skills and make connections with local tech companies, and a chance to meet other members of the LGBTQ+ community with similar interests. Parents and teachers are welcome to attend. To register: www.theoasisconference.com/register.html.



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